

## **Dr. Qais Gasibat**

**The President of The Libyan Physical Therapy Association**

**The Vice- President of Arab Confederation for Physical Therapy**

**PhD in Injury Prevention and Sports Physiotherapy**

**MSc in Orthopaedic Physiotherapy**

**BSc in Physiotherapy**

**Scopus/ ResearchGate/ ORCID/ Google Scholar/ AD Scientific Index/  
SciProfiles/ Semantic Scholar**

### **Personal Particulars**

Date of Birth: 24<sup>th</sup> March 1986

Hometown: Misurata

Country: Libya

**Experience 16+**

**Publication 50+**

**Books 4+**

**Prizes and Awards 5+**

### **Biodata**

Dr Qais Gasibat is a senior lecturer in the Department of Physiotherapy at the College of Medical Technology in Misurata, Libya. He also serves as the President of the Libyan Physical Therapy Association. Dr Gasibat completed his Doctor of Philosophy (PhD), majoring in Injury Prevention and Sports Physiotherapy, at University Putra Malaysia (UPM), Malaysia, in 2024. He earned his Master of Science in Physiotherapy, majoring in Orthopaedic Physiotherapy, at Sultan Zainal Abidin University (UniSZA), Faculty of Medicine, Malaysia, in 2018. Furthermore, Dr Gasibat obtained his Bachelor of Science degree in Physiotherapy from the College of Medical Technology in Misurata, Libya, in 2008. Dr Gasibat has authored three books advocating the application of rehabilitation exercises over medication and surgery to prevent low back pain, in addition to his new book "Academic Writing Essentials for Beginner Researchers", published in 2026. He received the best session paper award at the 2017 International Conference of Excellence and Innovation in Penang, Malaysia. Dr Gasibat received numerous outstanding student awards from the Embassy of Libya in Kuala Lumpur, Malaysia, Academic Affairs in September 2017, June 2018, and February 2020.

## **Membership**

- **Co-Founder and First President of the Libyan Physical Therapy Association**
- **Member of Arab Confederation for Physical Therapy**
- **Member of International Association of Sports Medicine and Kinetic**
- **Member of Malaysian Physiotherapy Association (MPA)**

## **Research Area**

- **Physiotherapy**
- **Rehabilitation**
- **Sport Science**
- **Musculoskeletal Disorders**
- **Sports Medicine**
- **Healthcare**

## **Field of Expertise**

- **Orthopaedic Manual Therapy**
- **Orthopaedic Physiotherapy**
- **Sports Injuries Rehabilitation**
- **Injury Prevention**
- **Exercise Therapy**
- **Medical Massage**
- **Sports Performance**

## **Teaching Experience**

- **Orthopaedic Physiotherapy**
- **Therapeutic Exercises, Evaluation and Measurements**
- **Physiotherapy Hospital Training**
- **Research Methods**

## **Academic Qualifications**

- **Doctor of Philosophy in Injury Prevention and Sports Physiotherapy**  
**University Putra Malaysia (UPM)**  
43000 Serdang, Selangor, Malaysia- April 2024.
- **Master of Science in Orthopaedic Physiotherapy**  
**Sultan Zainal Abidin University (UniZA)**

Kuala Terengganu, Malaysia– July 2018

- **Bachelor of Science in Physiotherapy**  
**College of Medical Technology**

Misurata – Libya– June 2008

## **Diploma Certificate**

- **Diploma Certificate in Orthopaedic Manual Therapy and Exercise**  
**Primephysio UK and Orthopaedic Manual Therapy Academy**  
  
Sheffield, England S10 3HN, GB, March 2021
- **Diploma Certificate in Football Medicine**  
**Federation International de Football Association (FIFA)**  
  
Zürich, Switzerland, August 2018
- **Diploma Certificate in Institutions and Health Centers Management**  
**Takamol Resource and Management Training**  
  
Kuala Lumpur, Malaysia– January 2018

## **Work Experience**

- **Lecturer- Physiotherapy Department**  
**Faculty of Medical Technology**  
Misurata, Libya– December 2024– till now
- **Senior Physiotherapist- Physiotherapy Department**  
**Kuala Lumpur Badminton Association KLBA: Kuala Lumpur, Malaysia**  
Kuala Lumpur, Malaysia– January 2023- June 2024
- **Physiotherapist**  
**Malaysian National Badminton Team**  
**Air Badminton, Asian Qualifier**  
Putrajaya, Malaysia – June 2023
- **Senior Physiotherapist- Physiotherapy Department**  
**Healife Integrative Health Centre**  
Kuala Lumpur, Malaysia– December 2020- November 2021
- **Head of Research and Documentation Department**  
**National Center for Diagnosis and Treatment of Infertility**  
Misurata, Libya– May 2019– December 2019

- **Physiotherapist**  
**Libyan National Minifootball Team**  
**2019 WMF Minifootball World Cup Australia**  
Perth, Australia – August- October 2019
- **Physiotherapist**  
**Libyan National Junior Handball Team Under 17**  
**16<sup>th</sup> Men's North African Handball Championship**  
Hammamet, Tunisia– 7, February 2019
- **Physiotherapist**  
**Libyan National Junior Handball Team Under 17**  
**16<sup>th</sup> Men's Mediterranean Handball Championship**  
Port Said, Egypt– 17, 24-February 2019
- **Physiotherapist- Admission Department and Intensive Care Unit**  
**Al Nokhba Hospital**  
Misurata, Libya– December 2018\_ December 2019
- **Teaching Assistant- Physiotherapy Department**  
**Faculty of Medical Technology**  
Misurata, Libya– January 2013– May 2015
- **Physiotherapist- Physiotherapy Department**  
**Misurata Central Hospital**  
Misurata, Libya– December 2008- January 2013
- **Physiotherapist**  
**Al-Tasaddy Club (Football and Volleyball)**  
Misurata – Libya– January 2010 – January 2011

## **Internships**

- **Physiotherapist**  
**Monarchy Club (Mixed Martial Arts)**  
Kuala Lumpur, Malaysia– April- July 2018
- **Physiotherapist– Physiotherapy Department**  
**Misurata Central Hospital**  
Misurata, Libya– December 2008 – January 2011

## Courses Attended

- **Nursing Course**  
**Alarabi Alhandassi co for Human Development Training and Teaching**  
Misurata, Libya–July 2019
- **Rehabilitation and Psychosocial Support**  
**Handicap International- Misrata Medical Center**  
Misurata, Libya– January 2019
- **Modern Management in Health Institutions**
- **Strategic Planning for Health Institutions**
- **Human Resource Management in Hospital**
- **Organizational Behavior in Hospitals**
- **Occupational Safety and Health**
- **Building and Organization of Health Institutions**
- **Performance Evaluation of Hospital Employees**
- **Crisis, Emergency and Risk Management in Hospitals**  
**Takamol Resource and Management Training**  
Kuala Lumpur, Malaysia– November 2017- January 2018

## Workshops Presented

- **Muscle Activation using sEMG**  
**Faculty of Medical Technology**  
Misurata, Libya– September 2024
- **ChatGPT for Research Writing: Hope or Hype**  
**Libyan National Fertility Centre Misrata**  
Misurata, Libya- Feb 2024
- **Effective Techniques for Rectifying Muscular Imbalance in the Shoulder**  
**Misurata Medical Center**  
Misurata, Libya– August 2023
- **MicroFET®2 Handheld Digital Muscle Dynamometer)**  
**Misurata Center for Physiotherapy**  
Misurata, Libya– September 2023
- **Muscle Imbalances**  
**Al- Amin International Academy Culture, Love and Peace**  
Syria, Damascus- March 2021

- **Academic Writing Skills Workshop**  
**National Center for Diagnosis and Treatment of Infertility**  
Misurata, Libya– May 2019
- **Academic Writing Skills Workshop**  
**Faculty of Medical Technology**  
Misurata, Libya– April 2019
- **How to write a scientific paper**  
**Misurata University, Faculty of Dentistry and Oral Surgery**  
Misurata, Libya– February 2019
- **Low Back Pain Workshop**  
**Misurata Medical Center**  
Misurata, Libya– December 2018
- **The Rehabilitation of People with a Prosthetic Device**  
**Misurata Medical Center**  
Misurata, Libya– November 2018
- **Low Back Pain Workshop**  
**Geomatika University**  
Kuala Lumpur, Malaysia– February 2018

## **Workshops Attended**

- **Manual Cervical Traction Techniques**  
**Faculty of Medical Technology, University of Tripoli**  
Tripoli, Libya– September 2024
- **Manual Cervical Traction Techniques**  
**Misurata Medical Center**  
Misurata, Libya– August 2023
- **Ankle Injury Management Workshop**  
**Malaysian Association of Sports Medicine**  
Kuala Lumpur, Malaysia– October 2022
- **High Impact Journal Publication Workshop**  
**University Putra Malaysia (UPM)**  
Serdang, Selangor, Malaysia- March 2020

- **Isogai Dynamic Therapy**  
**Isogai Neck and Back Care Clinic**  
Kuala Lumpur, Malaysia– January 2020

## **Academic and Professional Coordinator**

- **Awareness Campaign: The Health Risks of Prolonged Sitting**  
Misrata, Libya- December 2025
- **The Scientific Forum for Physiotherapy Students and Specialists in Libya**  
Benghazi, Libya- November 2025
- **World Physical Therapy Day and the First Anniversary of the Establishment of the Libyan Physical Therapy Association**  
Misrata, Libya- September 2025
- **The Method of Katharina Schroth Workshop**  
**University of Tripoli**  
Misrata, Libya- July 2025
- **The Method of Katharina Schroth Workshop**  
**University of Tripoli**  
Tripoli, Libya- July 2025
- **The Best Graduation Project Competition for bachelor's degree in Physiotherapy at Libyan Universities**  
**Faculty of Medical Technology**  
Misrata, Libya- February 2025
- **The Best Speaker Competition in Physiotherapy**  
**Faculty of Medical Technology**  
Misrata, Libya- January 2025
- **Physical Therapy Approaches for Managing Lymphatic System Disorders according to the Condition**  
**The National Center for Artificial Limbs**  
Misrata, Libya- December 2024
- **From Assessment to Action: Building a Successful Physical Therapy Plan**  
**Asslam International University**  
Benghazi, Libya- November 2024
- **The Effect of School Bag Weight on Health of School Children in Misrata City- Libya (Pilot Study)**  
Misrata, Libya- October- December 2024

- **Clinical Assessment of Cervical Spine: Tips and Tricks**

**Misrata Physical Therapy Centre**

Misrata, Libya- August 2024

- **Manual Cervical Traction Techniques**

**Department of Physiotherapy**

**Faculty of Medical Technology, University of Tripoli**

Tripoli, Libya- September 2024

## **Prizes and Awards**

- **Honorary Doctorate in Physiotherapy**

**Al- Amin International Academy Culture, Love and Peace**

Damascus, Syria - April 2021

- **Outstanding Student Award**

**Libyan Culture Mission, Embassy of Libya in Kuala Lumpur, Malaysia**

Kuala Lumpur, Malaysia- February 2020

- **Outstanding Student Award**

**Libyan Culture Mission, Embassy of Libya in Kuala Lumpur, Malaysia**

Kuala Lumpur, Malaysia- June 2018

- **Best Session Paper**

**International Conference of Excellence in Research and Innovation**

Penang, Malaysia– February 2017

- **Outstanding Student Award**

**Libyan Culture Mission, Embassy of Libya in Kuala Lumpur, Malaysia**

Kuala Lumpur, Malaysia- September 2017

- **Master Of Science in Physiotherapy Scholarship**

**Ministry of Higher Education and Scientific Research**

Tripoli, Libya– May 2013

## **Selected Publications**

1. **Gasibat, Q.**, Abdullah, B., Samsudin, S., Elsharief, A., Alexe, C. I., Anghel, M., & Alexe, D. I. (2025). The impact of isometric exercises on correcting upper body muscle imbalances in young elite badminton players. *Montenegrin Journal of Sports Science and Medicine*, 14(1), 87-98.

2. **Gasibat, Q.** (2024). Optimizing exercise therapy for muscle strength and injury prevention: bridging gaps across age and gender. *Sport Sci Health*, 20(2).
3. Anwar, S., Zahid, J., Alexe, C. I., Ghazi, A., Mareş, G., Sheraz, Z & **Gasibat, Q.** (2024). Effects of Myofascial Release Technique along with Cognitive Behavior Therapy in University Students with Chronic Neck Pain and Forward Head Posture: A Randomized Clinical Trial. *Behavioral Sciences*, 14(3), 205.
4. Gasibat, Q., Rafieda, A. E., & Aween, M. M. (2024). The Influence of Therapeutic Massage on Muscle Recovery, Physiological, Psychological and Performance in Sport: A Systematic Review. *Sport Mont*, 22(1).
5. **Gasibat, Q.**, Rani, B., Causevic, D., Spicer, S., da Silva, R. P., Xiao, Y., & Rafieda, A. E. (2023). Impact of Stretching Exercises on Work-Related Musculoskeletal Disorders: A Systematic Review. *International Journal of Kinesiology and Sports Science*, 11(3), 8-22.
6. **Gasibat, Q.**, Abdullah, B., Samsudin, S., Alexe, D. I., Alexe, C. I., & Tohănean, D. I. (2023). Gender-Specific Patterns of Muscle Imbalance in Elite Badminton Players: A Comprehensive Exploration. *Sports*, 11(9), 164.
7. **Gasibat, Q.**, Alexe, C. I., Raveica, G., Tohănean, D. I., Vasilios, K., & Alexe, D. I. (2023). Decoding Hip Muscle Activation: A Comparative Electromyographic Analysis of Turn-Out Bent Knee Pulse and Single-Leg Banded Glute Bridge Exercises in Healthy Female Subjects. *European Journal of Investigation in Health, Psychology and Education*, 13(9), 1612-1623.
8. ABDULLAH, B., SAMSUDIN, S., **GASIBAT, Q.**, & MOHD NASIRUDDIN, N. J. (2023). A reliability study of isometric shoulder internal and external rotation strength in young badminton players using a hand-held dynamometry. *Journal of Physical Education & Sport*, 23(7).
9. Yu, X., Kamalden, T. F. T., Dev, R. D. O., **Gasibat, Q.**, Rani, B., Dai, Y., ... & Li, J. (2023). Effects of Combining Physical and Cognitive Training on Older Adults' Physical Performance and Functional Abilities: A Systematic Review. *International Journal of Kinesiology and Sports Science*, 11(2), 35-50.
10. Čaušević, D., Rani, B., **Gasibat, Q.**, Čović, N., Alexe, C. I., Pavel, S. I., & Alexe, D. I. (2023). Maturity-Related Variations in Morphology, Body Composition, and Somatotype Features among Young Male Football Players. *Children*, 10(4), 721.

**11. Gasibat, Q.**, Rani, B., Čaušević, D., Perveen, W., Alexe, C. I., Albina, A. E., & Alexe, D. I. (2023). A Comparative Electromyographic Analysis of Flying Squirrel and 3-Point Quadripod Exercise for Lumbar Multifidus Muscle Activations among Healthy Female Subjects. *In Healthcare*, 11(6), 2-11.

## Books

1. **Gasibat, Q.** (2019). Eliminating Low Back Pain without Surgery and Medication. *Al-Naseem Organization for Social Development*. (Published in Arabic Language)
2. **Gasibat, Q.** (2018). Strengthening Versus Stabilisation Exercise Programmes for Preventing and Reducing Low Back Pain in Females. *Bloomington: Partridge Publishing*.
3. **Gasibat, Q.** (2017). A New Rehabilitation Approach for Managing and Preventing Low Back Pain: A Step Away from Surgical and Drug-based Treatments. *Bloomington: Partridge Publishing*.
4. **Gasibat, Q** & Raba, A. (2026). Academic Writing Essentials for Beginner Researchers: A Resource for Non-Native English Speakers, *Libyan Authority for Scientific Research*.

## Conferences and Events

- **Arab Physiotherapy Meeting 2025**  
Beirut, Lebanon- September 2025
- **Arab Physiotherapy Meeting 2025**  
Aman, Jordan- April 2025
- **ACPES: ASEAN Council of Physical Education and Sport: International Conference**  
Medan, Indonesia- October 2022
- **The 7th ASEAN Council of Physical Education and Sport**  
Nanyang, Singapore- June 2021
- **26<sup>th</sup> Annual Scientific Meeting Program of the Middle East Fertility Society**  
Cairo, Egypt- October 2019
- **The 3<sup>rd</sup> International Conference of Excellence in Research and Innovation**  
Penang, Malaysia- February 2017
- **The 6<sup>th</sup> International Conference on Biological Science**  
Kuala Lumpur Malaysia- December 2016

## Gallery

## Reference

**Upon your Request**

**+218917353518/ Watsasap/ Youtube/ Facebook/ LinkedIn/ Email**

